



**Headteacher:** Mrs Rachel Watts

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Copt Oak Road, Narborough,  
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**Dear Parents and Carers,**

On **Friday 10th October**, we will be marking **World Mental Health Day** in school - a day dedicated to raising awareness and promoting the importance of mental wellbeing for all.

As a part of this, we are inviting children to **wear something yellow** to school in support of the cause. Yellow is the colour chosen by the charity [YoungMinds](#) to show solidarity and support for young people's mental health.

In exchange, we kindly ask for a **£1 donation**, which will go towards supporting mental health initiatives to improve mental health outcomes for children and young people.

No young person should feel alone, and no adult should feel lost when they want to help. If you're worried about your child or young person's mental health or wellbeing, you can speak to YoungMinds over the phone by calling 0808 802 5544 or chat to them online by clicking [here](#). They have advisers who can provide information, advice and support to help you take the next step.

*Remember, it's okay to reach out for help. We all need a little extra support sometimes*

Thank you for your continued support in helping us raise awareness and funds for such an important cause.

Warm regards,  
Your School Council



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